

HEALTH MAPS.

GROUP 5.

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HEALTH MAPS.



# HEALTH MAPS.

A COMPLETE SERIES OF  
PRESCRIBED EXERCISES OF THE BODY  
FOR  
DAILY USE.

*FOR MAINTAINING THE HEALTH IN A STATE OF INTEGRITY,  
FOR CORRECTING ANY TENDENCIES TO FUNCTIONAL IRREGULARITY, AND FOR  
RESISTING THE ENCROACHMENTS OF DISEASE.*

By ANNA LEFFLER ARNIM,

Author of "A Complete Course of Wrist and Finger Gymnastics for Students of the Piano, Violin, etc."; "The Cure and Prevention of Spinal Curvature"; "Curative Movements" (a Short Outline of Ling's System of Applied Movement), etc. etc.

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GROUP V.

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# INTRODUCTION.

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THE following series of "Health Maps" is offered to those who are desirous and willing, by the use of some very simple measures, to keep well and in a fit state to perform their duties efficiently.

There is an intermediate state of health, which is far more common than is supposed, and which may best be designated by the term "negative health." It is a condition in which one can neither lay claim to being actually ill, nor assert with truth that one is "quite well." This intermediate state varies, sometimes ascending and often descending, but remains negative still.

We may know when this state of negative health creeps upon us as soon as we become aware *that we possess a body*. We shall forget all about it when we are well. The body must be our slave, and a ready one, to perform the dictates of our *will*; and we should take all reasonable means to prevent ourselves from becoming the slave of our body. Feed it judiciously and suitably,\*

\* Read Sir Henry Thompson's pamphlet on Diet.

supply it with air, water, and exercise, and the human machinery will work smoothly and give us no trouble.

It is to minimize the chances of breakdowns, to keep at bay this negative and perpetuate the positive state of health, that is the object of the Health Maps. .

By the daily use, for some fifteen minutes, of certain of the Exercises here set forth, the circulation and the organic functions will be maintained in a state of integrity which will be largely instrumental in resisting the encroachments of disease. The regulation of the circulation is a matter of the first importance; and we do not fear contradiction when we assert that nine-tenths of the cases of chronic illness which exist, are due primarily to imperfect circulation, and would have been preventible by proper care in this respect at the very early stages of their development.

The aim of the Health Maps is not curative but preventive. Yet inasmuch as many persons who are not ill are conscious of some tendency to weakness or deficient action of some particular organ, due either to habits of occupation or hereditary predisposition, we have divided the series into five Groups, wherein these particular tendencies are especially dealt with.



Hence, in Group II. of the series attention is directed to the Liver and Spleen, in addition to General Exercises.

Group III. to weak Lungs.

Group IV. is recommended to persons of an imperfect, slow Digestion, and its attendant ills.

Group V. is arranged for the use of those suffering from excessive and chronic Coldness of the Extremities; whilst Group I. treats of General Exercises, without particularizing any organ or member, but devoting equal consideration to all parts of the body.

The Exercises have been well tested, and have been found of the utmost use. They should be calmly and steadily persevered in; not practised with a superabundance of energy on one day, and neglected the next. Regularity is conducive to permanently good results, and it is better to practise for only ten minutes regularly than for thirty capriciously.

The rules laid down at the beginning of each Group for the guidance of the pupil should be attentively observed, for all superfluity of language is avoided. We would also direct the reader's attention to the explanations which accompany

each sketch, especially with regard to the spot upon which the action of the movement should be felt. This will greatly assist him in determining whether he is performing the Exercise correctly or not.

The Exercises are carefully portrayed, and arranged to form a double folding screen, which may be opened and stood upon the table in full view of the pupil, enabling him to perform the Exercise with the sketch before him, and obviating the necessity of constantly desisting to refer to a book.

Each sketch is accompanied by a description of the Exercise, and an explanation as to the manner of carrying it out, and the spot upon which the action of the Exercise should be felt.

Persons engaged in bending or stooping much will find the spinal flexions, either in standing or sitting posture, useful (Group I., Fig. 9), also arm down-pulling (Group III., Fig. 7).

Those much engaged in standing or walking—such as dentists, shop-servers, shop-walkers, etc., etc.—should use especially the foot rotations (Fig. 2, Group V.), foot flexions (Group V., Fig. 2½), and knee rotations (Group V., Fig. 11). These will increase the circulation in the veins, the overfilling of which cause weight and inconvenience in the feet and legs.

For persons sitting closely at needlework, with head bent over their work and shoulders rounded, the chest-expanding Exercises (Group III., Fig. 7; Group III., Fig. 22) and the head bending (Group III., Fig. 9) will be found useful. Indeed, to some persons thus closely engaged at the needle for many hours consecutively, we have recommended occasionally standing up during the day, drawing the figure to its full height, and performing the arm down-pulling Exercise (Fig. 7, Group III.). It can then be done without moving from the spot, and merely requires the pupil to stand up for less than one minute. It has been found a great relief from the continued stooping, and prevents that bent, crumpled look of the figure which continued stooping soon produces.

Persons having a regard for the beauty of their figures should use the rotations of the body freely both night and morning (Fig. 5, Group II.), also the spine flexions (Fig. 9, Group I.). The first, besides maintaining the integrity of liver and spleen, assists in dispersing superfluous adipose tissue round the waist. The lateral flexions of the body, too (Fig. 10, Group II.), will strengthen the muscles about the waist, and assist in keeping the figure erect and pliant.

Persons much engaged in close, confined rooms should take every opportunity

of practising the deep breathings shown in Group III. This is done to best advantage in the open air, or in a room where the window is open.

Those who are unable to perform the Exercises owing to extreme weakness (after illness, during convalescence), should visit a Curative Gymnasium for a few weeks, in order that the movements may be *applied to* them; after which they may continue them for themselves. In instances of a similar kind, a set of exercises such as are now presented to the reader, have been taught to the pupil by the aid of which the health has been maintained in a most satisfactory condition.

One word more with respect to the assertion that fifteen minutes' practice is sufficient for daily use. Whilst the Exercises are being learnt (for the pupil will be clumsy at them at first), he should try and devote a little longer, say twenty or twenty-five minutes, to them: but when he is master of them and can do them efficiently, fifteen minutes will suffice. If he cannot go through a whole Group in that time, he may divide them into parts, which he can perform on alternate days.

## GROUP V.

### EXERCISES FOR PROMOTING CIRCULATION IN THE EXTREMITIES.

THE exercises suggested in this group are advised especially for the rectification of cold feet and hands.

Many persons are much troubled by deficient circulation in the extremities, and, although the inconvenience of cold feet and hands is great, the *attendant* ills are much greater.

The blood not circulating properly through the extremities, naturally becomes congested in the trunk of the body and in the head, causing a very disagreeable feeling of fulness and uneasiness in the body, and of actual distress in the head.

Many sufferers from cold extremities are troubled with a periodical rush of blood to the head, which causes the face to flush and, when it subsides, leaves the nose red and hot.

Those who are conscious of this last unpleasant experience should seek for the reason in the condition of the extremities, and as long as *these* are in a state of imperfect circulation, should not despair of a rectification of the trouble.\*

\* See Rule 9.

Persons of a decidedly apoplectic temperament should attend a Cure Gymnasium for a few weeks, so that the circulation may be thoroughly adjusted, after which the home exercises can be practised with impunity.

It will not be necessary for the pupil to practise all the exercises at one time. Three or four may be selected for performance on one morning, and three or four different ones for the next day. In cold weather one or other of the exercises should be practised during the day at intervals, so as to prevent the feet or fingers from becoming numb with the cold.

Figs. 2,  $2\frac{1}{2}$ , 3,  $3a$ , 14, and 5 may be easily done, even with all the encumbrance of habiliments which would preclude the possibility of attempting anything like a free use of the limbs.

The regular and continued use of these movements (varying them as suggested) will gradually bring the circulation of the extremities into a most desirable condition.

Figs. 13, 11, 10, and  $2\frac{1}{2}$ , done before going to bed, will ensure comfort for the night for those whose cold feet are apt to keep them awake.



## RULES FOR GROUP V.

1. If it should be found difficult at first to perform the movements with *both* hands on the hips, one hand may be balanced on the back of a chair or the edge of a mantelpiece until greater steadiness on the legs is acquired.

2. The movements should not be hurried. It is preferable to perform fewer exercises, if the time be insufficient, but to do the few conscientiously.

3. The arm movements, No. 7, 8, 9, are shown in consecutive order, as it is intended that they should *all three* be combined into one exercise when the pupil can perform them properly, the exercise being then composed of eight different motions. Thus: 1" (arms doubled), 2" (arms forwards), 3" (arms doubled), 4" (arms upwards), 5" (arms doubled), 6" (arms sidwards), 7" (arms doubled), 8" (ground position).

4. The Figs. 7, 8, 9, must *not* be done by persons with delicate or diseased lungs, *excepting* as directed in Group III. of these series.

5. Fig. 11 differs from most of the other exercises in so far that here it is desired as much as possible to impart a movement to most of the leg muscles,

GROUP V.

they being in a relaxed condition. This exercise is especially recommended where there is *rigidity* of the muscles through continued bad circulation. It should be repeated twice with each leg, and followed immediately by Figs. 2 and 2½, and then again followed by Fig. 11 twice with each leg. This will be found of great use in overcoming stubborn cold feet.

6. No. 12 is also an exercise advised for use where there is extreme coldness of the extremities reaching above the knees, and accompanied by rigidity of the muscles.

7. A pause of at least a minute should be allowed between each exercise.

8. The exercises should be done alternately with the hands and feet. Where there is not sufficient variety for the hands, exercises for the former should be repeated. For instance, Figs. 5 and 3 and 3a will bear repetition during the morning performance of the movements.

9. For those suffering from much fulness and congestion towards the head and throat, the foot and leg movements *alone* should be practised. Those advised are Figs. 10, 12, 13, 2, 2½, at first.

10. No exercise to be done with bated breath.





Fig. 1.

No. 1.

FIG. 1 denotes the position whence all standing movements are carried out, excepting when special directions to the contrary are given. It is called the *ground position*.

GROUP 5.

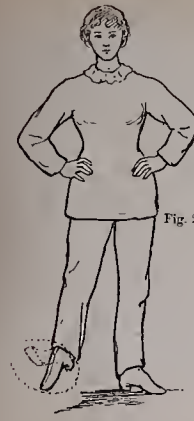


Fig. 2.

No. 2.

GROUND POSITION, HANDS ON HIPS.

PUPIL raises the right leg from the ground, keeping it perfectly straight and *well stretched* down to the ankle (as though desirous of making the leg an inch longer). He then *ROTATES* the foot in as large circles as possible, taking care *not to move any part of the leg*.

To be done four times from left to right; four times *vice versa*.

Reverse legs. Repeat.

To be felt at the front of thigh and round the ankle.

GROUP 5.

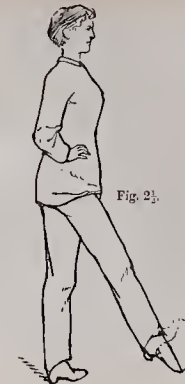


Fig. 2 1/2.

No. 2 1/2.

GROUND POSITION, HANDS ON HIPS.

THE rules as to stretching the legs, etc., given in the preceding, obtain here. The leg is retained in an immovable position, the foot being pointed downwards and upwards alternately, *without bending* the knees. To be repeated three times with each leg.

To be felt (toes pointed downwards) all down the front of the leg, especially below the knee, and (toes upward) all down the back of the leg, especially in the calf.

As the pupil becomes proficient in Figs. 2 and 2 1/2, they may be performed consecutively as one exercise without pause.

GROUP 5.

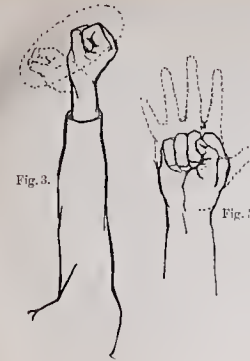


Fig. 3.

Fig. 3A.

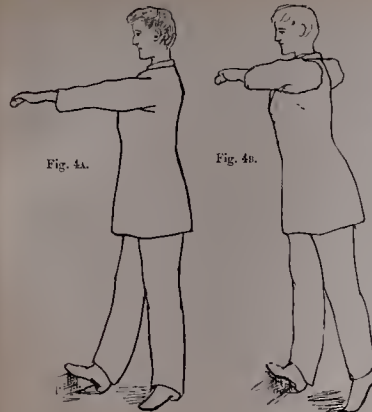
No. 3.

GROUND POSITION.

THE pupil stretches the right arm horizontally outwards in a line with the shoulder. Having stretched the arm well (as though trying to make it an inch longer) down to the wrist, he commences to rotate the hand without moving the arm at all, six times from right to left, six times *vice versa*. After the rotation, the hand is slowly and vigorously opened and closed six times (Fig. 3A), the pupil trying to imagine he is meeting with *resistance* each way. Reverse hands.

To be felt in the muscles of the fore-arm, especially the outer ones; also at wrists.

GROUP 5.



No. 4.

FIG. 4 is depicted as practised in the Cure Gymnasium. The pupil probably not having at hand a rail or bar upon which he can support the hands, must content himself with standing in front of a door, at arms' length. Placing the palms of his hands upon the door, and advancing the right leg, he plants the toes and as much of the sole of the foot as he can against the door, keeping the heel firmly on the floor (Fig. 4a). He then brings his *whole body* forwards (*without bending*) until his chest touches the door, raising the heel of the *left* foot to enable him to advance (Fig. 4b). It will be observed that the elbows are bent *for the same* purpose. Recede. Repeat three times.

This movement will unmistakably be felt all down the back of the leg.

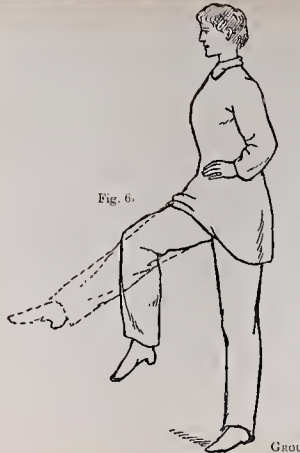


No. 5.

GROUND POSITION, WITH RIGHT ARM HORIZONTALLY EXTENDED.

THE arm and hand must be well stretched; also the *fingers*, which must on no account be bent. The pupil bends the hand backward from the wrist, bringing it as nearly as he can at right angles with the arm. This must be done once, and repeated with the other hand, each hand being held up for about twelve seconds.

To be felt along the muscles at back of hand and arm, also along the palm of hand and front of arm (Fig. 5).

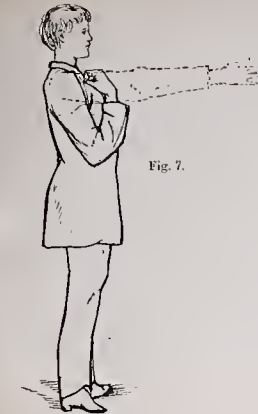


No. 6.

GROUND POSITION, HANDS ON HIPS.

THE pupil raises the knee almost at right angles, and then extends the lower half of leg (Fig. 6, dotted line), stretching it *well*. From here he slowly brings the leg down into ground position, repeating three times. Reverse legs, and repeat.

To be felt down all the muscles of the leg, but especially in the *front* muscles.



No. 7.

GROUND POSITION.

FROM ground position the pupil brings the hands with energy and vigour to the shoulders, doubling the fists, and, by the exercise of *will*, keeping them as close as possible to the body. Thence he thrusts the arms forwards (as shown by the dotted lines) with a *will*, as though he wished to send his hands through the opposite wall. This must be repeated three or four times, and in rather rapid *tempo*, the pupil commanding himself thus: 1", arms doubled; 2", arms forward; 1", arms doubled; 2", arms down (ground position).



Fig. 8.

No. 8.

In all details this movement is precisely similar to the preceding, excepting that the arms are thrust *upwards* instead of forwards, the palms of the hands facing each other. This must also be performed with *vigour*, as though desirous of sending the hands through the ceiling, the energy displayed making itself felt all down the sides of the body. The pupil must keep steady on his feet.

To be felt in all the muscles of the arms, and along the sides of the body.

GROUP 5.

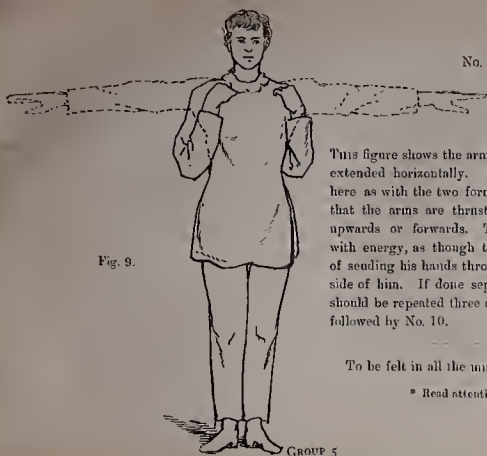


Fig. 9.

No. 9.

This figure shows the arms thrust sideways,\* or extended horizontally. The same rule applies here as with the two former, with the exception that the arms are thrust *sideways* instead of upwards or forwards. This too must be done with energy, as though the pupil were desirous of sending his hands through the walls on either side of him. If done separately, these exercises should be repeated three or four times each, and followed by No. 10.

To be felt in all the muscles of the arm.

\* Read attentively Rule 3.

GROUP 5.

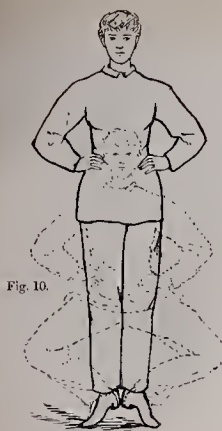


Fig. 10.

No. 10.

GROUND POSITION, HANDS ON HIPS.

THE pupil raises himself on tip-toe, keeping the heels well together. He then bends the knees outwards, lowering the body, which is kept *perfectly straight*, until he arrives within an inch or two of his heels. He then slowly rises again, stretches the legs well, and *repeats* the movement, performing it three times in all.

To be felt in the front of the thighs, just above the knees, and in the calf of leg.

GROUP 5.

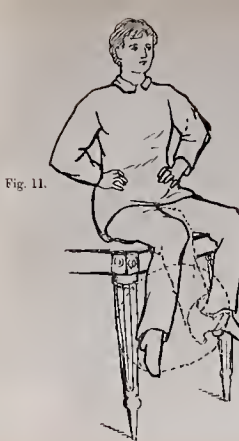


Fig. 11.

No. 11.

THE pupil seats himself upon a bench or table, the edge being just allowed to come under the bend of the knee. He then commences to rotate the lower half of the leg, confining the movement to the knee, and keeping the thigh as motionless as possible. To be performed three times from right to left, three times *vice versa*, with each leg in succession.\*

To be felt in the knee, and in front of thigh just above the knee.

\* See Rule 6.

GROUP 5.

Fig. 11.



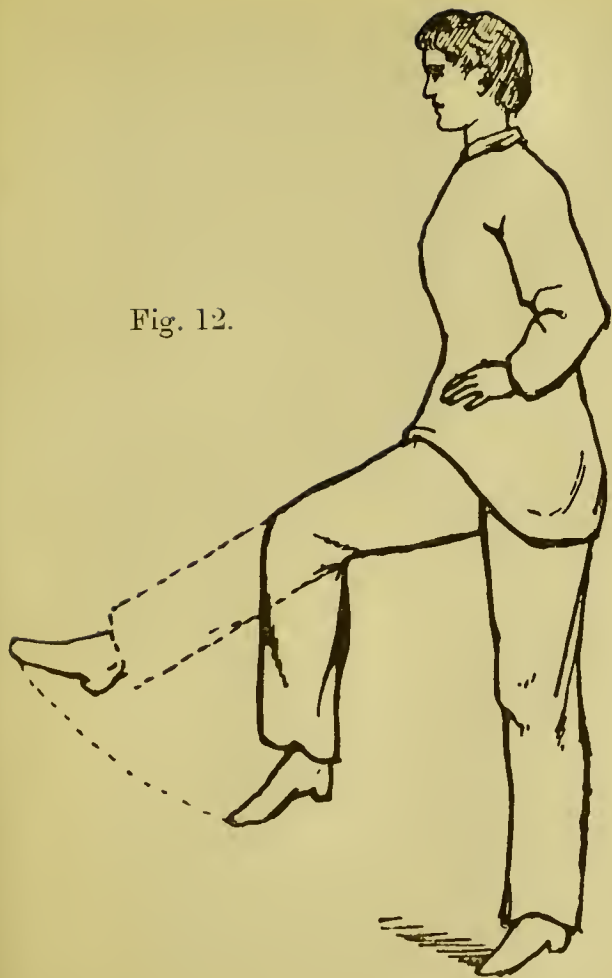
## No. 11.

THE pupil seats himself upon a bench or table, the edge being just allowed to come under the bend of the knee. He then commences to rotate the lower half of the leg, confining the movement to the knee, and keeping the thigh as motionless as possible. To be performed three times from right to left, three times *vice versâ*, with each leg in succession.\*

To be felt in the knee, and in front of thigh just above the knee.

\* See Rule 6.

Fig. 12.



No. 12.

GROUND POSITION, HANDS ON HIPS.

THE pupil raises the knee with as *little* use of muscular force as he can, and allowing all the muscles of the leg to be as *passive* as possible.\* From the bent position he thrusts the leg forwards (Fig. 12, dotted line). The force with which this is done will impart a thrill or vibration through the muscles, which will be followed by a glow. The pupil will have to perform this carefully a few times before he will master it. It will be useful to him to remember that in this movement the leg must be *willed* to be as *heavy* as possible.

\* See Rule 5.

